VIRGINIA'S NEW RIVER TRAIL CHALLENGE

2004 RACE VIDEO

This is your opportunity to view and enjoy the experience in the **2004 VIRGINIA NEW RIVER TRAIL CHALLENGE** for years to come. The video will have coverage of all parts of the Event including the three stages of the race, transition areas, interviews and some of the most beautiful scenery on the east coast of the United States. The video is offered in either VHS or DVD format.

Cost of the VHS video is \$15 per copy.
Cost of the DVD disc is \$25 per copy.

The cost includes tax and shipping. The video will be taped with digital cameras.

For questions concerning the race video call 276-728-3188

Make Checks Payable to: Kenneth Quesenberry

1285 Dugspur Road Dugspur, Va. 24325

VIRGINIA'S NEW RIVER TRAIL CHALLENGE

The Virginia New River Trail Challenge race coordinators would like for you as a participant to provide us with suggestions and comments that would help us plan and improve the Virginia New River Trail Challenge for 2005. The input from you as a participant is the most important part of the planning process as we prepare for future races. Please take the time to fill out the survey and mail to us at your convenience.

Please respond to each question. Thank you.

Circle one:	1.	Male participa	ant	Female participant	
	2.	Individual participant		Team participant	
Age Group:	3	18 - 29	30 - 39	40 - 49	50 & LIP

- 4. How would you feel having all the tranistion areas located in a central area to eliminate travel by participants support crews and race volunteers? If so what suggestions do you have?
- 5. What are your opinions of the starting line area and the start of the race? What changes if any, would like to see made to this area?
- 6. Do you feel the bike/canoe transition and the canoe/run transition areas are satisfactory? If not, what areas need to be addressed in future races.
- 8. Do you as a participant feel satisfied with the current method of how the race awards are presented to the participants? If not, what modification should be made?

Please make any additional comments or recommendations about the Virginia New River Trail Challenge: Please use back of form if needed.

Please mail to or leave with any race official
Mailing Address: New River Trail State Park

176 Orphanage Dr. Foster Falls, Va. 24360